

The Professional Seminar

# *Silver Jubilee*



# 2014 Program

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## *Saturday, February 22*

— The Nancy Penn Center (NPC) —

12:00 N	Registration
5:00 PM	Reception
6:00 PM	Dinner

— *David Francis Hall (DFH)* —

7:30 PM

### **Welcome**

**Barbara Bullard, Steering Committee Liaison**  
**Virginia (Ginna) Colburn, Board Chair**

8:00 PM

### **• *Are We There Yet? Journeys to Expanded States and Other Locales***

#### **• *State of the Institute Address***

**Nancy (Scooter) McMoneagle**  
**TMI Executive Director, President**

Nancy McMoneagle will take a fun look back at the Institute's history. She will talk about the early days when, along with a number of other dedicated people, she helped Bob Monroe build the foundations of TMI. She'll cover such topics as how Bob determined the specific audio signals to elicit particular states of consciousness; the original M-5000 and future development of TMI's programs; notable characters who came to the programs and/or were involved with the Institute in various ways, and other interesting aspects of TMI's evolution. She'll also discuss how, in addition to teaching people how to deliberately, safely and consciously experience expanded levels of awareness, Bob had other, less well-known reasons in mind for his research and the Institute's programs – and if his intentions have been met ...

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## Sunday, February 17

— *NPC Exercise Room* —

7:00 AM Yoga | Shaaron Honeycutt

— *NPC Tower Dining Room* —

7:45 AM Breakfast

— *DFH Conference Room* —

9:00 AM

### **Keynote Address**

#### ***Exploring the Multidimensional Universe through Out-of-Body Experiences***

**William (Bill) Buhlman, PhD**

The many benefits of out-of-body experiences will be reviewed. This includes how OBEs can prepare us for an enlightened transition and why self-initiated OBEs are a direct and powerful spiritual path.

We will then explore an overview of the many methods available to effectively initiate OBEs and navigate the nonphysical realities. The talk will continue with information about how to recognize and respond to the various manifestations of the vibrational state.

Finally, the group will be led through a brief, but effective technique as a sample of what to expect while learning to self-initiate out of body experiences. A question and answer period will conclude the program.

11:00 AM

### ***PREP: Infinity in a Box***

**Patty Ray Avalon, MFA**

PREP (Personal Resource Exploration Program) sessions have been part of the early and continued research program at TMI. Done in the lab setting, using the copper-lined isolation booth, and a personal monitor, thousands of sessions have been facilitated since the 1970's. These sessions have evolved over time, along with updated technology, and provide a means for deeper inner consciousness exploration. Participants in PREP sessions have their physiologic measurements recorded realtime during their 90 minute research period. This gives a snapshot of physical changes that occur in relation to subjective consciousness experiences, often providing validation for the subject. The monitor helps guide the participant toward any experience they wish to explore with the support of a customized Hemi-Sync listening experience. Patty will share the history and the purpose of PREP sessions, along with fascinating personal stories from a number of seasoned

PREP explorers. Patty has been a PREP lab monitor for the past 10 years at TMI, and a Residential Facilitator for the past 13 years. She is also the TMI Lab Coordinator.

— *NPC Tower Dining Room* —

12:30 PM

Lunch

— *DFH Conference Room* —

1:50 PM

**Announcement: Update on PD Blog “Tryst”  
Rosanna Schaffer-Shaw**

2:00 PM

***TMI Research Directions: Building Toward the Future*  
James (Jim) Lane, PhD**

This talk will summarize recent activities aimed at providing a stronger infrastructure for research and research funding at TMI to support the long-term growth of TMI-sponsored research and research collaborations with other sites. I will describe current plans for research development and the projects that are already underway.

3:15 PM

***Binaural Beat Spiritual Music for Neonatal Intensive Care*  
Melinda Connor, D.D., PhD, AMP, FAM**

Care of infants who are born as early as 24 weeks is delicate and challenging. This project has taken the antebellum Negro Spiritual (a group of about 6000 works) and combined binaural beat techniques to support the brain health and development of our most vulnerable babies. Presentation will include study protocol, specifications for the music, development of the music, and the current theory of the Negro Spiritual music’s impact on brain structure. Based on the current research model the motor, visual, auditory and somatosensory cortex, the frontal-parietal religious circuit including the dorsolateral prefrontal, dorsomedial frontal and medial parietal cortex, the fronto-temporal network including the ventral and dorsal streams with multimodal and stepwise integration of brain response are all involved.

4:00 PM

***Veterans, Super Learning, and Metamusic*  
Barbara Bullard, MA**

The presentation will be a summary of the results of a Super learning course incorporating specific hemi-sync and metamusic selections designed specifically to aid returning Veterans to college. Of the approximately 800,000 military veterans attending college more than 88% of them drop out of college because they can’t seem to translate their knowledge from the military to the classroom. Studies indicate that only about 3% of those who register ever graduate. Professor Bullard, an expert on super learning techniques presented a 6 week course---two hours once a week at Orange Coast College in Spring of 2012. The course was sponsored by the college and paid for by the OCC Foundation. A

quick outline of the course will be presented with powerpoints available afterwards to those who want them. Specific hemi-sync and metamusic selections will be denoted. Overall the students indicated great success incorporating hemi-sync into their college courses and much increased success on exam taking. Many insights will be shared as to what was most successful and what issues came up in the six weeks.

4:30 PM

Meet & Greet

— *NPC* —

5:00 PM

Social Hour, Dinner

7:30 PM

**Panel | *Around the World***

**Andrea Berger, MA, Becky Carroll, PhD, Thomas Hasenberger, MA, Franceen King, PhD, Carmen Montoto, Deborah Sachs, MEd**

An international panel discusses TMI research, education and applications occurring globally.

9:30 PM

**Group Meditation**  
**led by Becky Carroll**

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## Monday, February 18

— *NPC Exercise Room* —

7:00 AM

Yoga | Shaaron Honeycutt

— *NPC Tower Dining Room* —

7:45 AM

Breakfast

— *DFH Conference Room* —

9:00 AM

***Near-Death and Out-of-Body Experiences in the ICU***  
**Laurin Bellg, MD, Critical Care Specialist**

What relevance do near-death experiences in ICU patients have for the experiencer and their health care provider? What impact, if any, does a regular use of Hemi-Sync have on those same providers? Is it possible that a new way of thinking about phenomena of consciousness, long reported but often discarded as hallucination by

the medical professional community, could help heal and transform patients when their “strange experiences” are held with respect instead of being told they didn’t happen?

Through several anecdotal accounts of real patient experiences recounted to her over the past two decades, as well as her own personal observations of how Hemi-Sync enhanced the traditional medical skills available to her, Laurin will explore a potential new landscape of patient care that she believes could transform how we interact with patients who’ve had not only near-death but also out-of-body experiences around trauma and severe illness.

At the end of her presentation Laurin will present a 20-minute educational DVD prepared for health care providers by Blue Marble Films in collaboration with the International Association for Near-Death Studies (IANDS). This film is intended to educate health professionals in how to talk with patients about their near-death experiences – even if they don’t believe in them themselves! The film will be followed by a brief group discussion if time allows.

11:00 AM

### ***Tech Talk: SAM, Hemi-Sync and More*** **Bob Holbrook & AJ Honeycutt**

There have been new developments in the SAM technology since last year. The refinement of the signals and the processes that have been developed have proven successful in the Conscious Presence Program and in several other applications.

The SAM technology continues to be effective in the applications designed for addiction patients. These applications extend to the development of processes to positively mediate Post Traumatic Stress, Traumatic Brain Injury, and Autonomic Nervous System Regulation.

There are several formal research projects underway which will test the theoretical basis of the SAM technology. There are two studies at Northwestern University. One in the Psychology Laboratory is just getting underway. Preliminary results of this study are encouraging. The second study will take place after the initial pilot study. This study will be at The Medical Center and will have access to fMRI evaluation of the SAM technology and process. There are some other interesting case studies underway as well.

We are in the process of updating the entire sound delivery systems at NPC and RMR. We will have digital capability to send and receive data from each chec unit. Every chec unit will be like a prep booth for gathering data for research and development and presenting individual data for participants. We will also be able to move into the potential for video imagery to be included in the program process. In the future, and as finances permit, we will update the sound quality to the finest analog system. This will make all listening experiences remarkable and will allow for greater effect of our technologies.

We are updating all of the TMI core programs. There will be a committee to chart the best course for updates that respond to the comments found on many program evaluations. It is time to create more and better flow between programs and have a more modern presentation of programs. We are also in development of a new core Hemi-Sync program. A.J. Honeycutt, President of Monroe Products, will describe the advances in the Hemi-Sync technology and the benefits that this will bring to a new Hemi-Sync evolution at TMI.

— *NPC Tower Dining Room* —

12:30 PM

Lunch

— *DFH Conference Room* —

2:00 PM

***EEG App Report***

**Brian Dailey, MD, Phil Davidson *PhD***

Dr. Phil Davidson and Dr. Brian Dailey will discuss the use of Dr. Davidson's proprietary electroencephalogram (EEG) software. Traditionally, EEG brain wave monitoring required expensive hardware in an isolated electromagnetic environment to prevent outside interference in monitoring brain waves. Dr. Davidson's software is an inexpensive alternative that allows EEG brain wave monitoring that can be used to analyze the effects of Hemi-Sync, Spatial Angle Modulation (SAM), energy medicine, etc. This brings EEG monitoring capabilities to the individual investigator. Examples of EEG monitoring usefulness will be reviewed.

3:30 PM

Meet & Greet

— *NPC* —

5:00 PM

Social Hour, Dinner

— *DFH Conference Room* —

7:30 PM

***Tribute to Carol De La Herran***

8:00 PM

***The Path: Beyond the Physical video***

*Featuring William Buhlman, Thomas Campbell, Skip Atwater, and Paul Rademacher, The Path: Beyond the Physical is a mysterious and captivating topic exploring the concept that there is no separation between the physical of which we can see, hear and touch and the non-physical of our inner knowing, subjective experiences, that which cannot see but feel in our universe.*

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## Tuesday, February 19

— *NPC Exercise Room* —

7:00 AM Yoga | Shaaron Honeycutt

— *NPC Tower Dining Room* —

7:45 AM Breakfast

— *DFH Conference Room* —

9:00 AM ***Mind Awake, Feet on the Ground sessions***  
Albert Bellg, PhD & Becky Carroll, PhD

— *NPC Tower Dining Room* —

12:30 PM Lunch

— *DFH Conference Room* —

2:00 PM ***Mind Awake, Feet on the Ground sessions***

3:45 PM **Meet & Greet**

— *NPC* —

5:00 PM Social Hour, Dinner

— *DFH Conference Room* —

7:30 PM **Kudos**



8:00 PM

***The Monroe Institute – A Vision of the Future***  
***What do the next fifty years look like?***  
**Joe McMoneagle**

Joe McMoneagle will provide a vision of what the future of the Institute might look like over the next fifty years. He will suggest directions which can be explored to TMI's advantage and talk about areas he feels TMI can provide the best support for the Human Species.

The future isn't set in stone, but having the advantage of knowing what the future may contain and being able to mold our efforts to future necessity can go a long way toward insuring TMI's productive impact on the human condition.

Joe has used Remote Viewing [RV] to address hundreds of issues for clients over the years. Using this ability in support of the Institute seems to be a natural extension to those previous efforts.

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## **Wednesday, February 20**

— *NPC Exercise Room* —

7:00 AM

Yoga | Shaaron Honeycutt

— *NPC Tower Dining Room* —

7:45 AM

Breakfast

— *DFH Conference Room* —

9:00 AM

***Guided Exploration Day***  
**Bob Holbrook**

— *NPC CHECs and Conference Room* —

9:30 AM

**Exercises**

— *NPC Tower Dining Room* —

12:30 PM

Lunch

— *NPC CHECs and Conference Room* —

2:30 PM

**Exercises**

5:15 PM

Closing Circle

— *Roberts Mountain Retreat (RMR)* —

6:00 PM

**Supper and Closing Festivities  
Drumming Circle with Whit Whitten**

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## Thursday, February 21

— *NPC Exercise Room* —

7:00 AM

Yoga | Shaaron Honeycutt

— *NPC Tower Dining Room* —

7:45 AM

Breakfast

Departures

# ***Presenter Biographies***

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## **Patty Ray Avalon**

Patty Ray Avalon, MFA, is a Residential facilitator and Lab Coordinator at The Monroe Institute. She trains participants to use their consciousness to access guidance, improve manifestation, and learn self healing and self actualization skills. She also serves as a lab monitor there, assisting participants in deepening their consciousness explorations in the isolation booth.

Ms Avalon has a BFA and an MFA from Indiana University. She studied at the Art Institute of Chicago, and the Central School of Art and Design in London.

She is also an experienced energy healer, and graduate and former faculty member of the Barbara Brennan School of Healing in Miami Florida, and a former faculty member of Hollins College, in Virginia.

She is experienced in the Michael Harner Shamanic practices, as well as the Pathwork bioenergetic modality.

She is a professional artist. Her work has been featured in the *Washington Post Home Section*, *Metropolitan Home*, *Country Living*, *House and Garden*, and other popular magazines. She created and ran a full time art and design business in the Washington D.C. area for 25 years. Additionally, she has illustrated numerous books and articles for companies such as McGraw Hill and Gallaudet Press.

Putting her professional interests together in a larger perspective, Ms. Avalon feels that her true work in life, as a visionary artist, an energy healer and a facilitator of consciousness studies is that she helps “make the invisible visible.”



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## Albert Bellg



Albert Bellg, PhD, is a clinical health psychologist, researcher and writer. For 14 years, he conducted NIH-funded research and worked with heart patients as the Director of Cardiac Psychology at the Rush Heart Institute in Chicago and as the Cardiac Psychologist at the Appleton Heart Institute in Wisconsin. Dr. Bellg has been an invited speaker at national conferences of the American Heart Association and the American Psychological Association, and is the author of over 30 professional peer-reviewed articles and chapters in psychology and medical journals and textbooks. He received his graduate degree from the University of Rochester in New York, and is currently the President of the Wisconsin Psychological Association.

Dr. Bellg is also the author of a book on soccer tactics and co-author of a book on a unique stress management strategy for medical patients. In private practice for the last four years, he also offers Circle of Trust retreats through Parker Palmer's organization, the Center for Courage & Renewal, to help professionals and others deal compassionately with the challenges of their work and cultivate an ongoing connection with their inner wisdom in their daily lives and careers. He has used Hemi-Sync® exercises to help patients meditate, deal with sleep problems and manage stress.

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## Laurin Bellg



Laurin Bellg, MD, is a critical care specialist working in two intensive care units at Appleton Medical Center and Theda Clark Medical Center in Appleton, Wisconsin. After obtaining her medical degree at the University of Tennessee, she completed an internal medicine residency at the Medical College of Wisconsin before moving to Chicago to receive her fellowship training in critical care at Rush Medical Center. As a critical care physician working in the intensive care unit, Dr Bellg's nearly twenty-year professional life of being present at the bedside of patients near death has brought her face-to-face with a variety of phenomena of consciousness. She has written various articles and stories about these experiences.

Her most recent collaboration was with John Kortum, past residential facilitator at The Monroe Institute and author of *The Kortum Technique*, to produce a documentary video on the presence

and application of intuition in medicine. She has also worked with the International Association for Near-Death Studies (IANDS) and Blue Marble Films to create an educational video for health care providers on how to talk with patients about their experiences. Her involvement with The Monroe Institute includes not only participation in several residential programs since 2007, and eventual training as an Outreach Facilitator, but also involvement in The Local Chapter Network of The Monroe Institute where she has served on the Leadership Council for the past three years.

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## **Andrea Berger**

Andrea Berger, MS, grew up in Bucharest, Romania, and has traveled throughout India studying Yoga and meditation on inner light and sound. She now lives in Cincinnati, Ohio, with her husband and their two children. Ms Berger retired from a large consumer goods company, where she worked for twenty-two years as an Information Technology manager. She is an accredited Monroe Institute (TMI) trainer, a certified VortexHealing® Energy Healer, a Reiki Master, and an enthusiastic Yoga practitioner. She earned a Masters in Transpersonal Studies from Atlantic University founded by Edgar Cayce in Virginia Beach, Virginia. Ms Berger is also the founder and president of the non-profit 501(c)(3) charitable organization “Association for Consciousness Evolution, Inc.”



with the mission to accelerate the evolution of consciousness through education, practical exploration and personal transformation. Since 2010, she has facilitated many TMI programs in Romania, including Gateway Voyage®, Lifeline®, Guidelines®, and Exploration 27®. She is the TMI Local Chapter Network Regional Coordinator for the Upper Midwest Region and the TMI local chapter leader in Cincinnati, Ohio. She also serves on the TMI Local Chapter Network Leadership Council and is a member of TMI's Board of Advisors.

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## William Buhlman



William Buhlman is a best-selling author and leading expert on the subject of out-of-body experiences. The author's forty years of extensive personal out-of-body explorations give him a unique and thought provoking insight into this subject. His first book, *Adventures Beyond the Body* chronicles his personal journey of self-discovery through out-of-body travel, and provides the reader with the preparation and techniques that can be used for their own adventure.

He conducts an in-depth six-day workshop titled, *Out-of-Body Exploration Intensive* at The Monroe Institute. As a certified hypnotherapist, William incorporates various methods, including hypnosis, Hemi-Sync®, visualization and meditation techniques in his workshops to explore the profound nature of out-of-body experiences and the benefits of accelerated personal development. Through lectures, workshops and his books the author teaches the preparation and techniques of spiritual exploration.

His latest book is titled, *Adventures in the Afterlife*. Insights provided in this book will assist the reader to understand and navigate the many thought responsive environments we will experience in the afterlife.

William is best known for his ability to teach people how to have profound spiritual adventures through the use of out-of-body experiences. In addition, he has developed an extensive series of audio programs that are designed to expand awareness and assist in the exploration of consciousness.

For more information visit [www.astralinfo.org](http://www.astralinfo.org).

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## Barbara Bullard, MA

Barbara Bullard has been professor of Communication Studies at Orange Coast College for forty-eight years. She has been nominated five times for Teacher of the Year at the college and received the NISOD Teaching Excellence Award from the University of Texas in 1994, 1999, 2000, 2002, and 2003. In 2000 and 2001 Ms Bullard was a master presenter at the NISOD Conference, speaking on "Music and Metamusic in the Classroom." She was selected for Who's Who Among America's





Teachers in 2002 –2007 and has been a professional member of The Monroe Institute since 1989. She is co-author of a textbook, *Communicating from the Inside Out*, and has published numerous articles on the role of music and Metamusic. She has recently published *Remembrance: Pathways to Enhanced Learning* a summary of the extensive work with Hemi-sync, Metamusic and learning with Dr. Alex Bennett.

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## Becky Carroll, PhD



Becky Carroll, PhD, is a licensed psychologist in private practice, Somatic Experiencing Practitioner, and Monroe Institute Outreach Facilitator. A member of the TMI Professional Division since 2002, Dr. Carroll is a member of its Steering Committee and serves on the Board of Advisors. Dr. Carroll served on the Board of Directors of Whitman-Walker Health in Washington, DC, from 2004-2008, followed by tenure in its Leadership Circle until her move from the DC area in 2013. This Board oversaw a massive restructuring of a clinic on the brink of insolvency that included hiring a CEO who has transformed WWH into its current status as an award-winning and vibrant full-service community health center.

Dr. Carroll now lives in Amherst, MA, and loves being “in the trees” every day! Last year, Dr. Carroll co-facilitated the Professional Division’s restructuring sessions with Allyn Evans and is excited about doing that again this year with Albert Bellg, Ph.D.

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## Melinda Connor



Melinda H. Connor, DD, PhD, AMP, FAM is an ordained Buddhist priest and born clairvoyant who has trained as a clinical psychologist, neuropsychologist, drama therapist, and in a variety of integrative techniques. Originally an engineer in the computer field, Dr. Connor changed careers in the 1990’s. As a NIH sponsored T32 post doctoral fellow, Dr. Connor received her training as a research scientist at the University of Arizona’s Program in Integrative Medicine under Dr. Andrew Weil and Dr. Iris R. Bell.

She is the former director of the Optimal Healing Research Program at the Laboratory for Advances in Consciousness and

Health at the University of Arizona, directed by Dr. Gary E. Schwartz and is both Board Certified and a Fellow of the American Alternative Medicine Association. A member of the teaching staff for Langara College in Vancouver, Canada, an Associate Professor for Akamai University in Hilo, Hawaii, and science advisor for the Spirituals for the 21st Century project at Cal State Dominguez Hills, LA, CA. Dr. Connor continues to present her research work at conferences around the world.

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## **Brian Dailey**

Brian Dailey, MD., FACEP, FACFE, is a graduate of the University of Rochester School of Medicine & Dentistry. He did his training in Surgery at SUNY at Stonybrook, NY. He is board certified in Emergency Medicine, Forensic Medicine, and Forensic Examination. He was an Assistant Professor in Emergency Medicine, a Clinical Instructor in Surgery, and a Clinical Instructor in Complementary and Alternative Medicine at the University of Rochester School of Medicine & Dentistry, Rochester, NY, until 2003. He has been selected as one of America's Top Physicians by the Consumers Research Council of America, Washington, DC, for 6 years. He is a third degree Reiki Master with extensive experience in energetic and vibrational medicine, including the use of CranialSacral therapy, crystals, and color.



He has vast experience in sound therapies, including Hemi-Sync®, Spatial Angle Modulation, and crystal bowls to induce altered states of consciousness. He is a member of the Professional Division, and is on the Board of Advisors and Board of Directors Emeritus of The Monroe Institute (TMI) in Virginia.

Dr. Dailey has participated in many of the residential programs at TMI, including many of the Exploration 27, and Beyond Exploration 27 programs to map out the Focus 27 regions. TMI supported Dr. Dailey in developing Chemotherapy Companion, Radiation Companion, and the Cancer Support Series CD's utilizing Hemi-Sync sound and guided imagery to assist cancer patients with their therapies and healing.

Dr. Dailey and Dr. Harry Oldfield (United Kingdom) have been collaborating for many years in the imaging of energy fields using initially Polycontrast Interference Photography, then New Energy Vision, developed by Dr. Oldfield. Dr. Dailey has been a keynote speaker and lectures and teaches energetic medicine, Reiki, and holistic healing techniques around the world. In 2011, Dr. Dailey met Dr. Sergey Sorin, also a TMI Facilitator and another great energy healer. Finding a wonderful symbiotic energy, they began collaboration and conduct TMI Excursion workshops together, as well as workshops in other energy healing techniques.



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## Philip Davidson

Phil Davidson, PhD, worked within an Information Technology environment for 25 years, with a career as a senior exec that spanned the globe from the UK to Asia Pacific, including Hong Kong, Australia, Indonesia and China.

During his work in Asia he was introduced to the more esoteric aspects of life. This involved meditation, especially deep meditative states.

At this time he became interested in the mind, OBE states and Lucid dreaming, since Hong Kong has a deep and varied history of Buddhist meditation, its practice and utilisation. After a long career in IT, Dr. Davidson decided to change career and went back into full time education studying Psychology. After obtaining a degree in psychology, he continued his studies and obtained a PhD in psychology in 2009. In parallel, he also gained diplomas in counseling, psychotherapy and hypnotherapy.



Dr. Davidson's doctoral research investigated the practical aspects of obtaining entry into esoteric states of consciousness and, as such, he formulated a psychological process that allows people direct access to different states of consciousness.

Given his technical and psychological background, he hopes to bring these two disciplines together to automate a number of psychological processes (combining psychology and technology) such that a technological system can adapt to a person's mind state and provide the optimal conditions that facilitate access to different states of consciousness.

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## Thomas Hasenberger



Thomas Hasenberger, born in 1964, is a mechanical engineer, and lives in Germany with his wife and two children.

Since the end of 1999 he has used Hemi-Sync as a daily exercise and meditation. Only after seven years of this practice with Hemi-Sync did he attend his first program at The Monroe Institute, and then trained to become a TMI Outreach facilitator.

In recent years he has given many lectures and courses, especially in the area of self-awareness, meditation, thanatology, and lucid dreaming. In addition to his daily Hemi-Sync meditation, Mr. Hasenberger practices the Japanese tea ceremony in the Urasenke style as mindfulness practice, as well as Aikido.

He is also an accredited TMI Outreach facilitator.

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## Robert Holbrook

There have been new developments in the SAM technology since last year. The refinement of the signals and the processes that have been developed have proven successful in the Conscious Presence Program and in several other applications.

The SAM technology continues to be effective in the applications designed for addiction patients. These applications extend to the development of processes to positively mediate Post Traumatic Stress, Traumatic Brain Injury, and Autonomic Nervous System Regulation.

There are several formal research projects underway which will test the theoretical basis of the SAM technology. There are two studies at Northwestern University. One in the Psychology Laboratory is just getting underway. Preliminary results of this study are encouraging. The second study will take place after the initial pilot study. This study will be at The Medical Center and will have access to fMRI evaluation of the SAM technology and process. There are some other interesting case studies underway as well.



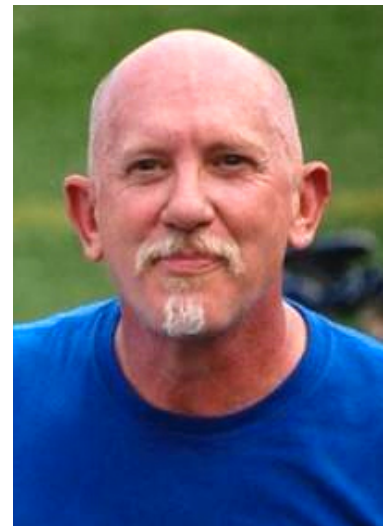
TMI is in the process of updating the entire sound delivery systems at both NPC and RMR, including the digital capability to send and receive data from each CHEC unit. Every CHEC unit will be similar to the isolation booth in which PREP sessions are conducted. There will be the capability of gathering data for research and development and presenting individual data for participants. There is also the potential for video imagery to be included in the program process. In the future, and as finances permit, the sound quality can be updated to the finest analog system. This will improve all listening experiences and allow for greater effect of Monroe technologies.

All of the TMI core programs are being updated. A committee will be formed to chart the best course for updates, paying close attention to the comments found on program evaluations. It is time to create more of a flow between programs and have a more modern presentation of programs. Also in development is a new core Hemi-Sync program. A.J. Honeycutt, President of Monroe Products, will describe the advances in the Hemi-Sync technology and the benefits that this will bring to a new Hemi-Sync evolution at TMI.

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## **A. J. Honeycutt**

A.J. Honeycutt has been involved in many aspects of activities at The Monroe Institute and Monroe Products over the past several decades. A member of the Monroe family, much of his early life was impacted by the development of the Institute, from its beginning as a small family operation to the world-renowned organization it is today. After graduating from Emory and Henry College (BA language, business, 1987,) he continued his involvement in various aspects of the Institute, and began serving as Director of Operations and Center Manager in 1992. In this capacity he was responsible for overseeing and managing development and activities at the Nancy Penn Center, David Francis Hall and Roberts Mountain Retreat. His responsibilities included supervision of personnel, management of conference facilities and operations, financial administration, management of numerous building projects and the creation of quarterly Member tapes. He served as Vice President of the Institute from 1999-2004, before leaving to pursue independent interests. He joined the Monroe Products staff as Special Projects Manager in June 2008—a time when the digital age was becoming increasingly mainstream—and set about helping create a new business model to meet challenging and ever-changing ways of delivering the Hemi-Sync® technology. He was appointed President of Monroe Products in 2012, and continues to lead Monroe Products toward fulfilling Bob Monroe's vision to offer "something of value."



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## Franceen King

Dr. Franceen King has been conducting residential programs at TMI since 1986, beginning with the training of Gateway Outreach (GO) Trainers, as the program was designated in that era. Throughout the years she has designed several TMI programs including Exploration 27, Starlines, Starlines II, and the Trainer Development and Assessment Program (TDAP) which trained Outreach facilitators from the mid-1990s through mid- 2000s. Since this latter program introduced the idea of mentoring for first Outreach programs, a process which continues, she has personally mentored many Outreach Facilitators in the U.S. and elsewhere.



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## James Lane



Like many people, James Lane, PhD, read *Journeys Out of the Body* in the 1970s, not realizing it was altering the course of his life. At the time he was a psychology graduate student at the University of California, Los Angeles. When in 1979 he moved to North Carolina, he expected one day to drive up to Virginia and introduce himself to Bob.

By the time Dr. Lane made his first visit to TMI Bob had already died. Nevertheless the nature of The Monroe Institute's work continued to compel him. When a premed undergrad student of his, Stefan Kasian, interned with complementary and alternative medicine researcher Justine Owens, Dr. Lane collaborated with them on his first binaural study at the Duke University lab. Skip Atwater assisted from the TMI side and in 1998 the research team

published "Binaural auditory beats affect vigilance performance and mood" in *Physiology & Behavior* [Lane, J.D., Kasian, S.J., Owens, J., and Marsh, G.].



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## Joseph McMoneagle



Since Joe McMoneagle retired from the Army in 1984, he has supported The Monroe Institute in many ways. He has re-structured and initiated changes to the Remote Viewing Seminar, which he now teaches. Mr. McMoneagle's nightly talks at Gateways, Guidelines, and other programs have encouraged and inspired hundreds, if not thousands of participants. He worked for Bob Monroe as a problem solver for many years, and is a world class remote viewer known for his participation as Remote Viewer 001 in the Army's Star Gate Program, as well as through his many television appearances and RV demonstrations. Mr. McMoneagle has also authored four books and a number of articles on the topic of remote viewing.

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## Nancy H. McMoneagle

In the 1970s, Nancy McMoneagle helped her step-father and mentor, Robert Monroe, build the foundations of the now internationally recognized non-profit organization for consciousness research and education, The Monroe Institute (TMI), and Interstate Industries, Inc. (III, dba Monroe Products), a corporation which produces and sells Hemi-Sync® products. She subsequently served as the Director of both organizations.

Initially answering Bob's fan mail to his seminal work, *Journeys Out of the Body*, and subsequently wearing most every hat in the business, Ms. McMoneagle helped design, develop, coordinate and conduct training programs in personal development, now known as the Gateway Voyage programs. Later, as The Institute Director (1983 – 1991), she generated a solid staff of program trainers at TMI and, using her team-centered management style, implemented Bob's vision by working with him and the creative input of others to form additional consciousness training programs and products. In addition to other contributions, she established the international Gateway Outreach program with the assistance of experts in training design, thus bringing The Monroe Institute's programs and III's audio products to a worldwide audience. Currently, Ms. McMoneagle serves as The Monroe Institute's Executive Director and President.



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## **Carmen María Montoto**



Ms. Montoto graduated from the University of Puerto Rico with a BA in History of Art. She also studied Home Design, Kinesiology (level I), Photo Reading and Adyurvedic Massage and is a Hado Instructor, and Brain Gym and TMI Outreach Facilitator. Ms. Montoto has offered conferences in Iceland, Boston Latino Institute, the US, Cuba and Puerto Rico about Hemi-Sync® and its uses.

As a Member of the Professional Division of TMI, with nine university students, she generated a research project on the use of Hemi-Sync to enhance learning. With Jacqueline Mast, she organized the International Conference on Special Education in Puerto Rico.

For the past six year Ms. Montoto has created a Childrens' Summer Theater Workshop using Metamusic. She has also developed a program called "Wiring" or ALAMBRAjE, combining Hemi-Sync, Brain Gym Exercises, breathing techniques, positive affirmations and the arts to increase the learning skills and wellness of children. This system was incorporated in some schools in Puerto Rico in 2009.

Ms. Montoto has participated as a speaker in many activities related to Autism and AD(H)D, presenting Hemi-Sync and Brain Gym as useful tools to help children and adults in Special Education Programs. She is also Director of Academia MC2, a dance school that offers Yoga and diverse workshops to promote the arts and spiritual development.

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## Deborah Sachs

Deborah Sachs, EdD, was born and live in Rio de Janeiro, State of Rio de Janeiro, Brazil. She has been the Gateway Outreach Trainer in Brazil since 1999. She became Residential Trainer in 2009, and had already facilitated the Gateway Voyage, Guidelines, Lifeline and Exploration 27 programs.

Ms. Sachs has a Masters Degree in Education. For the past seventeen years she has been in private practice as a counselor and Educational Therapist. She is also a Regression Therapist (today named Deep Memory Therapist) and has worked in this area for several years.

Ms Sachs was born having OBEs spontaneously and used to think that everyone was born this way.

